

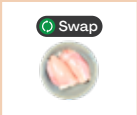


# Smart BBQ Pork Plate

## with Loaded Sweet Potatoes and Salad

Smart Meal

30 Minutes



Chicken Thighs  
280 g | 560 g

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Pork Chops, boneless  
340 g | 680 g
- Sweet Potato  
1 | 2
- Baby Tomatoes  
113 g | 227 g
- Yellow Onion  
1 | 2
- Baby Spinach  
56 g | 113 g
- Green Onion  
2 | 2
- Cheddar Cheese, shredded  
1/4 cup | 1/2 cup
- Sour Cream  
1 | 2
- BBQ Sauce  
4 tbsp | 4 tbsp
- Southwest Spice Blend  
1 tbsp | 2 tbsp
- Red Wine Vinegar  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Oil, pepper, sugar, salt

**Cooking utensils** | Aluminum foil, baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, silicone brush

1



### Roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Halve **sweet potato** lengthwise.
- Add **sweet potatoes** and ½ **tbsp** (1 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **sweet potatoes** on one side of the baking sheet, cut-side down.
- Roast in the **bottom** of the oven until tender, 23-25 min. (**NOTE**: You will add pork to the same baking sheet after 15 min.)
- When **sweet potatoes** are almost done, flip cut-side up, then sprinkle with **cheese**.
- Return to the **bottom** of the oven until **cheese** melts, 2-3 min.

4



### Make caramelized onions

- Meanwhile, reheat the same pan over medium.
- When hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **yellow onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add 1 **tsp** (2 **tsp**) **sugar** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min.
- Remove from heat, then stir in **half the vinegar**. Set aside.

2



### Prep

- Meanwhile, halve **tomatoes**.
- Thinly slice **green onions**.
- Peel, then cut **yellow onion** into ¼-inch slices.

5



### Make salad

- Meanwhile, combine **remaining vinegar** and ½ **tbsp** (1 **tbsp**) **oil** in a large bowl.
- Add **spinach** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine.

3



### Cook pork

Swap | **Chicken Thighs**

- Pat **pork** dry with paper towels, then season with **Southwest Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**.
- Pan-fry until golden, 2-3 min per side, then transfer **pork** to the other side of the baking sheet with **sweet potatoes**.
- Brush 1 **tbsp** (2 **tbsp**) **BBQ sauce** over **pork chops**.
- Roast in the **bottom** of the oven until cooked through, 8-10 min.\*\*
- Carefully wipe the pan clean.
- When **pork** is done, transfer to a plate. Cover loosely with foil and set aside to rest, 2-3 min.

6



### Finish and serve

- Thinly slice **pork**.
- Divide **pork**, **salad** and **sweet potatoes** between plates.
- Top **sweet potatoes** with **caramelized onions**, **sour cream** and **green onions**.
- Serve **remaining BBQ sauce** on the side, if desired.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

### 3 | Cook chicken

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **pork chops**\*\*

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.